

TAG in Action: Teen Health Van

*Successful Strategies for Improving Adolescent Health
Webinar Series*

**Adolescent Health:
Think, Act, Grow[®] (TAG)**

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Introduction



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Adolescent Health: Think, Act, Grow[®] (TAG)



#TAG42mil

TAG Goals

A comprehensive, strengths-based approach to improving adolescent health

Goals:

- Raise awareness about the importance of adolescent health
- Engage stakeholders (youth serving organizations and caring adults)
- Get adolescent health on the national agenda
- Spur action



Disclaimer

The content and views contained in this webcast do not necessarily represent the official policies of the Office of Adolescent Health or the U.S. Department of Health and Human Services.



Teen Health Van

- Community outreach mobile clinic program of Lucile Packard Children's Hospital Stanford (LPCH-S), in partnership with the Children's Health Fund (CHF)
- Provides comprehensive health care in a Medical Home Model of care
- Targets At-Risk, High-Risk, Uninsured, and/or Homeless Adolescents ages 10-25 years
- Service sites from San Francisco to San Jose, CA
- Sites visited on a regularly scheduled basis
- Patients can receive follow up at any van site
- Transportation and/or hand-holding is provided

Lucile Packard Children's Hospital Stanford and Underserved Adolescents: 1 of 2

- 1979: Establishment of the Division of Adolescent Medicine
- Early 1990s: Community Needs Assessment by United Way of Santa Clara County revealed that adolescents had poorest health outcomes of any age group
 - Barriers identified: lack of financial resources, lack of health insurance, lack of transportation, and the way adolescents think
- Group of doctors lobbied the hospital to address issue
- After persistent efforts, the hospital agreed to raise funding to provide care to these adolescents

Lucile Packard Children's Hospital Stanford and Underserved Adolescents: 2 of 2

- The Children's Health Fund of New York had launched the first solely pediatric mobile clinic
- Realizing the importance of bringing care to adolescents, LPCH-S purchased an RV and retrofitted as a mobile clinic
- Initial funding costs included the RV and retrofit
- Ongoing costs include gas, maintenance, and repairs of the vehicle; patient medications and supplies; and personnel
- Joined CHF's National Network; CHF now has mobile clinic programs in 17 states and Washington, D.C.

The Teen Health Van:

A Medical Home Model of Care

- **Adolescents have multiple unmet health care needs:** medical, mental health, psychosocial, and nutrition/fitness
- **Provide comprehensive and continuous care from interdisciplinary team:** Doctor (male), Nurse Practitioner (female), Licensed Clinical Social Worker, and Registered Dietitian/Certified Fitness Instructor
- **At time of service, we provide all medications and supplies:** also give immunizations, draw labs and Point-Of-Care-Testing as available
- **Create relatively seamless system for specialty care, tests, etc.**
- **Partner with community organizations and agencies** who also served these adolescents
- **Performed our own Community Needs Assessment,** gaining perspectives from partner agencies, as well as parents, and most crucially, from the adolescents themselves

Teen Health Van Short Video







Factors Essential to Success in Working With Adolescents, 1 of 2

- **Utilize a Strength-Based approach**

- These adolescents often have difficult and chaotic lives
- Most are used to hearing how they've messed up or that they're losers
- We focus on strengths rather than their weaknesses; at the initial visit, every patient is asked what his/her strengths are: "What are your strengths?" "What are you best at?" "What do you like most about yourself?"
- We continue to explicitly comment on their successes and achievements, however small
- Strength builds Strength, Success builds Success

Factors Essential to Success in Working With Adolescents, 2 of 2

- Provide adolescent friendly, respectful, and non-judgmental services
- Provide care that is socially and culturally appropriate
- Maintain privacy and confidentiality
- Provide incentives: movie tickets, gift cards
- Use peer outreach and counseling – adolescents respond particularly well to this
- Have ongoing youth outreach
- Have fun!

Successful Program Development

- **Have a Mission Statement that is clear and straightforward:**
Make your mission match that of your sponsoring institution (if there is one) as much as possible
- **Perform a Cost-benefit Analysis/Return On Investment:**
Conservatively we estimate that every \$1 we spend saves \$10 on health care costs due to our focus on prevention and early intervention
- **Develop realistic & relevant outcomes, and track them regularly:** We track outcomes every 6 months, utilizing pre-intervention and post-intervention surveys. Examples:
 - Short-term: catching up on immunizations
 - Medium-term: reducing frequency and/or intensity of risky behaviors, i.e., tobacco/alcohol/other drug use or risky sexual activity
 - Long-term: improvement in mental health issues such as depression

Lessons Learned

- **Find natural allies and engage them in your work**
 - Hospital auxiliaries have consistently provided both financial and moral support
 - Child psychiatry provides free care for patients in return for bringing their trainees as part of their community psychiatry rotation
- **Designate point persons at each site partner** and meet with them regularly to discuss what is working well and what could be going better; this includes designating adolescent leaders and getting their input
- **Work closely with the development team** for gift and grant funding
- **Work with media relations** to become known in the community
- **Invite interested persons/potential donors/donors to see you in action** to make the abstract concrete

Website

- <http://www.stanfordchildrens.org/en/service/teen-van>

THANK YOU!

Q and A



42 million opportunities

- Explore the website
- Read and share TAG Playbook
- Join TAG and get email updates
- Watch and share TAG Talks videos
- Use TAG action steps and resources
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